



ALABAMA DEPARTMENT OF
MENTAL HEALTH





Alabama SPF Rx Annual Evaluation Report

AUGUST 2020

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Alabama Department of Mental Health
Office of Prevention Services
August 2020



Contents

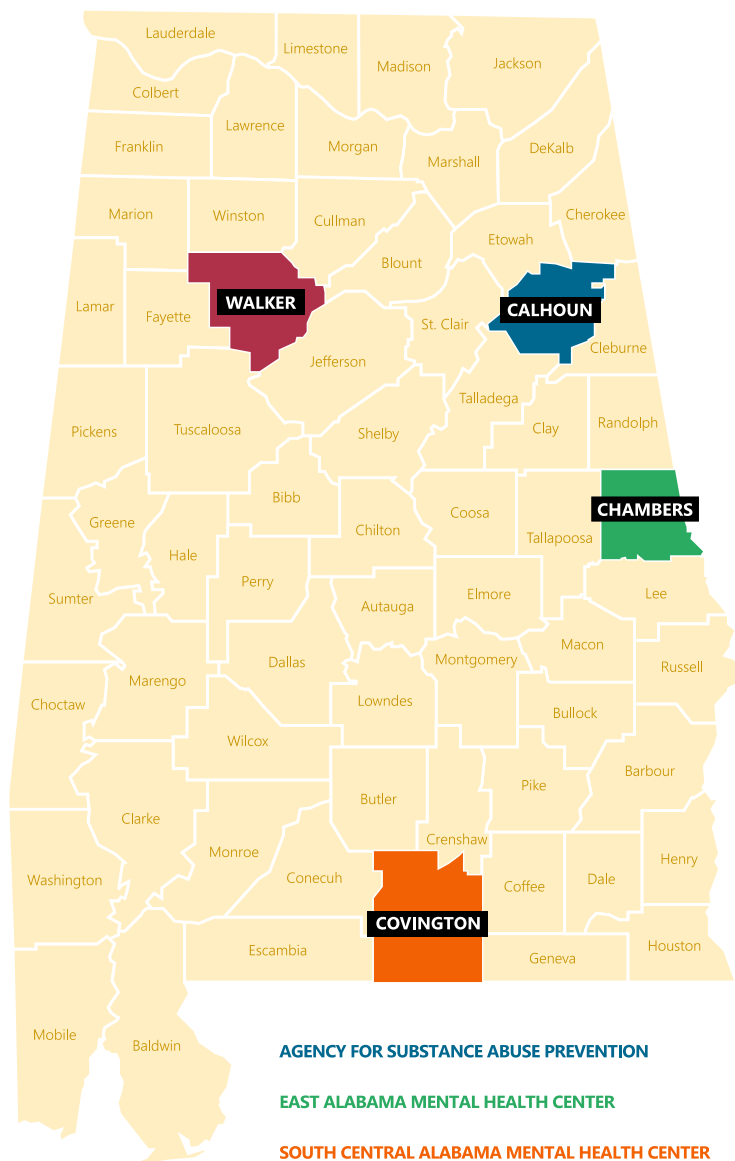
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Contents of This Report

This report was prepared by the Pacific Institute for Research and Evaluation (PIRE) for the Alabama Department of Mental Health (ADMH), Office of Prevention Services (OOP) to assist in understanding the Alabama SPF Rx sub-recipients' project progress to date, including their intervention activities, successes, and barriers and challenges. The four SPF Rx counties are Calhoun (Agency for Substance Abuse Prevention); Chambers (East Alabama Mental Health Center); Covington (South Central Alabama Mental Health Center); and Walker (Northwest Alabama Mental Health Center). The SPF Rx interventions sub-recipients are implementing are take back events and other safe disposal efforts, media campaigns and other information dissemination efforts, community-based process activities, and Smart Moves Smart Choices.

The data in the report come from the Intervention Tracking Forms sub-recipients have completed to report on the activities and progress of each of their SPF Rx interventions, as well as their fidelity ratings for the implementation of each of their interventions. Specifically, the report summarizes sub-recipients' overall project progress to date, including presenting detailed information about sub-recipients' intervention activities this federal fiscal year (i.e., covering the period October 1, 2019 through June 30, 2020, drawing on their Quarter 1, 6-Month, and Quarter 3 Intervention Tracking Forms). Quarter 4 information is not included in this report due to that period ending beyond the end of the current SPF Rx year (August 31, 2020) and the timeline for the preparation of this report.

The report includes a section for each of the four SPF Rx interventions, beginning with a summary of the respective interventions' progress to date. Then, a series of tables presents the intervention activities conducted during this federal fiscal year, a summary of sub-recipients' self-reported fidelity ratings to date, and a summary of successes and challenges sub-recipients reported experiencing this year.



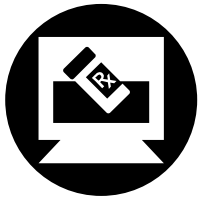
AGENCY FOR SUBSTANCE ABUSE PREVENTION

EAST ALABAMA MENTAL HEALTH CENTER

SOUTH CENTRAL ALABAMA MENTAL HEALTH CENTER

NORTHWEST ALABAMA MENTAL HEALTH CENTER

Prescription Drug Take Backs and Other Safe Disposal Efforts



In this first set of tables, we report on the SPF Rx sub-recipients' prescription drug take back and other safe disposal efforts. All four sub-recipients have been consistently active in implementing take back events and

other safe disposal efforts during the SPF Rx project period, particularly through participation in the semi-annual National Take Back Days conducted in April and October each year. Another key effort has been installing permanent drop boxes at locations (pharmacies and law enforcement agencies) in the communities. Sub-recipients' self-reported fidelity ratings for this

intervention have shown a range in the number of core activities completed. A notable core activity that has not been completed, or not as fully as planned, by some sub-recipients (Chambers and Walker) is sharing information with non-traditional partners that might be able to help disseminate materials. Due to the current pandemic, sub-recipients experienced an interruption of these intervention efforts this past spring as the National Take Back Day for April was cancelled. Walker County specifically noted that it would be helpful to receive suggestions for take back and media campaign activities that can occur as COVID-19 affects planned intervention activities.

TABLE 1. Counties' Progress on Prescription Drug Take Backs and Other Safe Disposal Efforts with Community Education and Outreach from October 1, 2019-June 30, 2020

	Calhoun	Chambers	Covington	Walker
Number of prescription drug take back events organized, supported, or participated in	1	1	2	5
Number of drop boxes installed	0	3 (at law enforcement agencies)	0	0

TABLE 2. Summary of Counties' Reported Fidelity Ratings for Prescription Drug Take Backs and Other Safe Disposal Efforts with Community Education and Outreach to Date

	CORE ACTIVITIES COMPLETED						
	Number	Percentage	0%	25%	50%	75%	100%
Calhoun	17	100%	<div><div></div></div>				
Chambers	9	53%	<div><div></div></div>				
Covington	15	88%	<div><div></div></div>				
Walker	7	41%	<div><div></div></div>				

Note. Table displays how many of the 17 core activities counties have reported completing for this intervention.

TABLE 3. Counties' Comments on Their Progress, Successes, and Challenges for Prescription Drug Take Backs and Other Safe Disposal Efforts with Community Education and Outreach from October 1, 2019-June 30, 2020

Calhoun	Progress and Successes
	<ul style="list-style-type: none"> The October 2019 National Prescription Drug Take Back Day Event collected a total of 214 pounds in the SPF Rx locations (Jacksonville and Oxford). ASAP has successfully gained access to the Electronic Death Registration System. ASAP has a confidentiality agreement between the agency, the District Attorney's Office-7th Judicial Circuit and the Calhoun County Coroner's Office to allow ASAP to access the Electronic Death Registration System (EDRS) for statistical use. The data will focus on more accurately and timely collection of overdose death data. ASAP also expects to secure the specific drugs that individuals possibly overdosed from.
	Challenges
Chambers	<ul style="list-style-type: none"> The April National Prescription Drug Take Back event was cancelled due to COVID-19. Downey's Drug Pharmacy has to pay \$115 to send back unused/expired medication per pickup. This is affecting the next pharmacy from partnering with ASAP because the new pharmacy does not want to pay any costs for drug pick up.
	Progress and Successes
	<ul style="list-style-type: none"> The Fall 2019 take back event collected a combined total weight of 96 pounds of expired and unused prescription drugs. Have a good relationship with Drug Task Force and with Lannet Police Department.
	Challenges
	<ul style="list-style-type: none"> The promotion of the Fall 2019 take back event was a challenge to staff due to lack of resources in the community. The April National Prescription Drug Take Back event was cancelled due to COVID-19. The global pandemic has been a challenge since it disrupted events and activities that were planned.
Covington	Progress and Successes
	<ul style="list-style-type: none"> Collected a total of 52 pounds during the Fall 2019 take back event.
	Challenges
	<ul style="list-style-type: none"> Reported experiencing low community participation in Fall 2019. A scheduled Rx take back was set for April 2020 but was postponed due to COVID-19.

Walker	Progress and Successes	
	<ul style="list-style-type: none"> Expanded take back locations and included Walmart as a take back site during Fall 2019. Have continued sharing safe disposal methods through the media campaign. Have done this through billboards and by taking materials to area businesses and churches. Workforce has been forced to grow and stretch their efforts in ways that wouldn't have been the case if the pandemic hadn't occurred. Have really worked on reaching the population wherever possible. 	
	Challenges	
	<ul style="list-style-type: none"> Due to COVID-19, the take back events for April 2020 were cancelled. Therefore, a drive through take back event was planned for May. However, due to rain, there was no attendance. Have had a harder time reaching the population. 	

Notes on intervention progress since the collection of data represented in the report (i.e., during Quarter 4): To address challenges posed during the pandemic, two sub-recipients conducted take back events using a drive-through format (Covington County conducted three events in July and Chambers County conducted one event in August). All sub-recipients are preparing to use this alternative format for the National Take Back Day in October.

Media Campaigns and Other Information Dissemination



This next section summarizes sub-recipients' media campaign and other information dissemination activities. All sub-recipients have been active in implementing media campaigns and other information dissemination





efforts during the SPF Rx project period. One element of sub-recipients' work has been promoting the state's My Smart Dose media campaign in their communities. Based on the self-reported fidelity ratings, all sub-recipients have completed the majority of the core activities for the

media campaign and other information dissemination efforts. A core activity that has not been completed, or not as fully as planned, by some sub-recipients (Covington and Walker) is contacting local media to share information about their efforts. Sub-recipients reported recent challenges in reaching their populations, due to the pandemic and the resulting closures and social distancing measures. Walker County specifically noted that it would be helpful to receive suggestions for creative ways to reach the community during the pandemic.

TABLE 4. Counties' Progress on Media Campaigns and Other Information Dissemination Efforts from October 1, 2019-June 30, 2020

	Calhoun	Chambers	Covington	Walker
Number of individual times aired TV ads	12	0	0	0
Number of weeks aired TV ads	8	NA	NA	NA
Number of individual times aired radio ads	6	120	4	0
Number of weeks aired radio ads	5	5	1	NA
Number of individual times ran print ads	4	3	4	5
Number of special events hosted	1	2	0	0
Number of other promotional activities	16	11	25	25
Number of community meetings presented at	9	2	5	3
Total number of participants at community meetings	52	30	228	39
Number of letters to the editor published	2	0 submitted	0 submitted	0 submitted
Prescription drug misuse prevention posters produced or distributed	15	212	2,514	2,300

TABLE 5. Summary of Counties' Reported Fidelity Ratings for Media Campaigns and Other Information Dissemination Efforts to Date

	CORE ACTIVITIES COMPLETED					
	Number	Percentage	0%	25%	50%	75% 100%
Calhoun	14	100%				
Chambers	13	93%				
Covington	10	71%				
Walker	9	64%				

Note. Table displays how many of the 14 core activities counties have reported completing for this intervention.

TABLE 6. Counties' Comments on Their Progress, Successes, and Challenges for Media Campaigns and Other Information Dissemination Efforts from October 1, 2019-June 30, 2020

Calhoun	Progress and Successes
	<ul style="list-style-type: none"> ASAP reached out to local media, pharmacies, doctor offices, etc. to assist in promoting events in the SPF Rx locations. ASAP attended Talladega College to promote the My Smart Dose Campaign and provided approximately 200 students with promotional material. ASAP staff attended a commission meeting to ask the commissioners to distribute the brochures to their community leaders so the community can be aware of the resources available in Calhoun County. ASAP is working with Anniston Housing Authority to provide prevention services to the communities. Each Monday, Anniston Housing Authority passes out lunch boxes for the week to the families in designated locations. ASAP is giving care packages with My Smart Dose material in the bags.
	Challenges
	<ul style="list-style-type: none"> None
Chambers	Progress and Successes
	<ul style="list-style-type: none"> Had three SPF Rx billboards set up in three different locations. Local pharmacies participated well with the Rx bags campaign. The Rx bags that were distributed had SPF Rx logo and phrase "Caring is not sharing your prescription drugs". Did two presentations in two senior classes at Valley High School and students were engaged in the discussions. Launched a broadcast that is aired on EAMHC's social media pages. Social media audiences were receptive to the communications.

Chambers	Challenges
	<ul style="list-style-type: none"> The most challenging part in implementing the intervention was to look for a place to reach out to the population. Do not have enough training in visual media, but it is one of the most accessible options due to COVID-19.
Covington	Progress and Successes
	<ul style="list-style-type: none"> My Smart Dose billboards were displayed. Information used from ADPH - "See Yourself As the Solution" - and information used from www.intheknow.com - Prescription Drugs: An American Epidemic. Also used promotional items from the My Smart Dose campaign.
	Challenges
	<ul style="list-style-type: none"> COVID-19 has caused a lot of issues with events cancelling, such as a Take Back which was scheduled for April 24, 2020.
Walker	Progress and Successes
	<ul style="list-style-type: none"> Participated in many community events in Fall 2019 and publicized the media awareness message through multiple means. Distributed media awareness materials at all Jasper football games in addition to signage at the games. Had an article in the local paper detailing the My Smart Dose Campaign and efforts. Went to churches, pharmacies, and businesses to distribute brochures. Created materials and posters to be distributed. The information was well received and provoked questions for additional information and additional materials from different businesses. Since the start of the pandemic, have made contact with the target population at businesses and churches, to take the place of the community events that were scheduled and cancelled. Have made progress by doing lots more one on one conversations with people in business and church environments instead of at events. Have given out a large amount of media materials in these situations and have been better able to answer questions since it is one on one or one staff member to a few office or business workers. Have purchased and created artwork for a billboard in a high traffic area.
	Challenges
	<ul style="list-style-type: none"> Stay at home orders and safer at home orders have hindered community events. Social distancing, and civic, church, and business closures prevented reaching some target locations.

Notes on intervention progress since the collection of data represented in the report (i.e., during Quarter 4): Despite some constraints posed by the pandemic, all sub-recipients have continued to disseminate their prescription drug misuse prevention messages. Notably, strategies for information dissemination have included providing messaging at food drives, churches, food banks (e.g., distributing hand sanitizer and sack lunches containing prevention messages to community members at these sites), and pharmacies (e.g., inserting prevention messaging and hand sanitizer in prescription medication bags).

Community-Based Process Activities



The following tables pertain to sub-recipients' community-based process activities. All sub-recipients have engaged in community-based process activities during the SPF Rx project period, although the types and extent of activities have varied over time. Although there has been variability over time, all sub-recipients have completed or made progress on the majority of the core

activities for community-based processes during the project period. As with other interventions, sub-recipients reported recent challenges, including the ability to interact in the community, due to the pandemic and the resulting closures and social distancing measures. As expressed in relation to other interventions, Walker County specifically noted that it would be helpful to receive suggestions for creative ways to conduct this intervention during the pandemic.

TABLE 7. Counties' Progress on Community-Based Process Activities from October 1, 2019-June 30, 2020

	Calhoun	Chambers	Covington	Walker
Number of stakeholder/partner meetings held	4	7	3	9
Number of stakeholders/partners trained	0	5	0	16
Number of other community members trained	0	0	0	0
Number of community organizations to whom you provided training or TA	0	2	0	0
Formally changed the way organizations work together to prevent prescription drug misuse	Yes	No	No	Yes

TABLE 8. Summary of Counties' Reported Fidelity Ratings for Community-Based Process Activities to Date

	CORE ACTIVITIES COMPLETED						
	Number	Percentage	0%	25%	50%	75%	100%
Calhoun	13	87%	<div></div>				
Chambers	12	80%	<div></div>				
Covington	9	60%	<div></div>				
Walker	12	80%	<div></div>				

Note. Table displays how many of the 15 core activities counties have reported completing for this intervention.

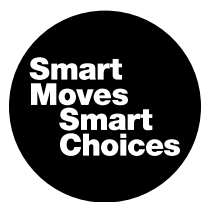
TABLE 9. Counties' Comments on Their Progress, Successes, and Challenges for Community-Based Process Activities from October 1, 2019-June 30, 2020

Calhoun	Progress and Successes
	<ul style="list-style-type: none"> ASAP was able to secure the participation at the Roundtable Committee meeting of three representatives from the Northern District U.S. Attorney's Office, a Narcan trainer, a member of the ABC Board and a participant from ADMH. This really helped boost the capacity of the work the agency is doing. Staff attended Parents Resource Institute Drug Education Opioid Summit to gain information to take back to the community. Other information was gathered that will assist ASAP in the upcoming Calhoun County roundtable. Attended the Sparrow Song meeting to update on the process of becoming credited with DHR. Had a conference call with Trafficking Hope Organization, Pam Stack, to discuss how she can help with community-based approaches and with the Opioid Roundtable Committee. She is planning to join the Opioid Round Table Committee moving forward. Rasheedah Doss, the Executive Director of Children Services, Inc., has requested to join the committee as well. Working with H.F.I. (Helping Families Initiative), which works on truancy in local schools by having monthly meetings with community stakeholders. ASAP will be providing prevention recommendations to the families and affected students. This group also evaluates the needs of displaced and homeless students. Working with the Dannon Project to connect them with Bradford Health Services for treatment purposes. The Dannon Project is located in Hobson City where the majority of youth lives in poverty. The Opioid Round Table Event on 03/03/2020 had approximately 200 participants and 16 vendors. Panelists included First Assistant U.S. Attorney Lloyd Peeples; Dr. Almena Free, Medical Director of Self-Recovery Detox; Pam Butler (ADMH); D.A. Bryan McVeigh; and Derek Osborn, Prevention Specialist. ASAP is working with Anniston Housing Authority to provide prevention services to the communities. Each Monday, Anniston Housing Authority passes out lunch boxes for the week to the families/students in designated locations. ASAP is giving care packages with My Smart Dose material in the bags. ASAP met with Hunter Johnson, Drug Recognition expert for Oxford Police Department, in hopes to partner with OPD to discover the specific drugs being used by individuals who are detained. The Drager Drug Tester 5000 is an oral fluid testing instrument that provides a preliminary test for impairment related to controlled substance. The instrument tests for 7 different substances. ASAP has successfully gained access to the Electronic Death Registration System. ASAP has a confidentiality agreement between the agency, the District Attorney's Office-7th Judicial Circuit and the Calhoun County Coroner's Office to allow ASAP to access the Electronic Death Registration System (EDRS) for statistical use. The data will focus on more accurately and timely collection of overdose death data.
	Challenges
	<ul style="list-style-type: none"> Due to the COVID-19 pandemic, ASAP is noticing increased health disparities in minority communities and is working to address those needs.

Chambers	Progress and Successes
	<ul style="list-style-type: none"> • Participated in "Auburn Health Promotion And Wellness" event. • Although it was ultimately cancelled, the initially-planned Prom Promise assembly at Valley High School was well-planned. Speakers were invited and sponsors were actively participating. • Worked with local pharmacies, providing them Deterra pouches to allow the community to properly dispose of unused and expired prescription drugs. This included providing information on how to use the Deterra pouches and their importance in preventing prescription drug abuse. Received good feedback from the local pharmacies on the Deterra pouches.
	Challenges
	<ul style="list-style-type: none"> • Had planned a Prom Promise assembly for the Valley High School Senior prom, but it was cancelled due to the pandemic. • Due to COVID-19, had limited access to the community.
Covington	Progress and Successes
	<ul style="list-style-type: none"> • Began a new partnership with the Andalusia City Schools on their new DFC Grant. • New partnerships/stakeholders obtained to further the mission of the SPF RX grant in Covington County.
	Challenges
	<ul style="list-style-type: none"> • None
Walker	Progress and Successes
	<ul style="list-style-type: none"> • Partners are engaged and actively supportive and engaged in planning and implementation. • Worked with their CPC and prevention stakeholders to do an update on their jointly planned activities and their results. • Added several community partners to SPF Rx, including United Way, the Walker Area Community Foundation, Capstone Rural Health, Youth Action Partnership, and Walker County Behavioral Health Action Partnership. • Discussed and created an overall goal and strategy for Walker County for services related to Whole Child and fit each partner and their agency or group into this plan, including prevention of prescription drugs. • Worked on other sources of funding to sustain prescription drug prevention efforts when SPF Rx ends.
	Challenges
	<ul style="list-style-type: none"> • Toward the end of the quarter, social distancing and closures prevented some sustainability efforts.

Notes on intervention progress since the collection of data represented in the report (i.e., during Quarter 4): Sub-recipients have varied in the types and amounts of activities undertaken for community-based processes, based on needs and opportunities in their respective communities. During the pandemic, monthly coalition meetings have continued to occur, using a virtual format.

Smart Moves Smart Choices



This last set of tables summarizes sub-recipients' efforts to implement Smart Moves Smart Choices. Smart Moves Smart Choices is the SPF Rx intervention for which there has been the least consistency in

implementation activity. Initially, it took all sub-recipients time to plan and coordinate with schools. Collectively, Calhoun, Covington, and Walker have conducted Smart

Moves Smart Choices in a variety of formats (e.g., classrooms, school assemblies, working with children living in the Housing Authority). Based on the self-reported fidelity ratings, Calhoun and Covington have been able to accomplish all the core activities for the intervention. The pandemic disrupted most sub-recipients' ability to fully complete their planned activities for the intervention during the past several months.

TABLE 10. Counties' Progress on Smart Moves Smart Choices from October 1, 2019-June 30, 2020

	Calhoun	Chambers	Covington	Walker
Average number of sessions provided each group of participants	3 in Quarter 1 1 in Quarter 2		6	
Average length of individual sessions (in hours)	1		1	
Total number of participants served	1,500 in Quarter 1 840 in Quarter 2		15	

Note. Chambers reported no activities for this intervention this year and Walker reported being in the planning process of expanding Smart Moves Smart Choices to an assembly-format program.

TABLE 11. Summary of Counties' Reported Fidelity Ratings for Smart Moves Smart Choices to Date

	CORE ACTIVITIES COMPLETED						
	Number	Percentage	0%	25%	50%	75%	100%
Calhoun	5	100%	<div></div>				
Chambers	-	-	<div></div>				
Covington	5	100%	<div></div>				
Walker	2	40%	<div></div>				

Note. Table displays how many of the 5 core activities counties have reported completing for this intervention. Chambers has not reported fidelity ratings, due to not implementing this intervention.

TABLE 12. Counties' Comments on Their Progress, Successes, and Challenges for Smart Moves Smart Choices from October 1, 2019-June 30, 2020

Calhoun	Progress and Successes
	<ul style="list-style-type: none"> ASAP is working with the U.S. Attorney Office Northern District to help implement Smart Moves Smart Choices curriculum in Calhoun County schools. ASAP staff successfully implemented Smart Moves Smart Choices before the COVID-19 pandemic began.
	Challenges
	<ul style="list-style-type: none"> In Hobson City, 69 percent of children live in poverty-level households, the highest rate among Calhoun County municipalities (Communication Foundation of Northeast Alabama Needs Assessment). 63 children have been removed from homes due to parent drug use (Calhoun County 2017 Needs Assessment). 1,199 Calhoun County individuals are homeless (H.U.D.). Number of Juvenile arrests for drug and substance violations: 249.
Chambers	Progress and Successes
	<ul style="list-style-type: none"> NA
	Challenges
	<ul style="list-style-type: none"> NA
Covington	Progress and Successes
	<ul style="list-style-type: none"> Completed a 6 week Smart Moves Smart Choices program with children living in the Opp Housing Authority that indicates an increase in knowledge.
	Challenges
	<ul style="list-style-type: none"> Due to COVID-19, unable to complete the Alternative Strategy with the students who participated in Smart Moves Smart Choices. A pizza party was scheduled for April 1, 2020 and has been postponed until restrictions are lifted.
Walker	Progress and Successes
	<ul style="list-style-type: none"> Had school assembly format presentations scheduled that were cancelled when the schools started social distancing and cancelled assemblies. The rest of the assemblies were cancelled when school was cancelled. Had assemblies scheduled with Dora High School, Jasper High School, and Jasper Junior High and was working on scheduling with Curry High School. Schools were very receptive to scheduling the Smart Moves Smart Choices assemblies.
	Challenges
	<ul style="list-style-type: none"> Due to COVID-19, social distancing and cancellations caused the cancellations of assemblies.

Note. Comments were not applicable for Chambers due to their activities having focused on planning and coordination and not yet receiving agreement to provide programming in schools. *Notes on intervention progress since the collection of data represented in the report (i.e., during Quarter 4):* Calhoun County and Covington County provided programming to students in summer school.

Summary

During the SPF Rx project period to date, all four sub-recipients have been consistently active in implementing take back events and other safe disposal efforts and in conducting media campaigns and other information dissemination efforts. Areas for continued expansion as sub-recipients continue their work on these interventions include considering coordinating with non-traditional partners to support and assist with the take back events and other safe disposal efforts and contacting local media to share information about their prevention efforts.

All sub-recipients have engaged in community-based process activities during the SPF Rx project period, although the types and extent of activities have varied over time. This reflects, at least in part, the wide range of possible activities that constitute community-based process activities and that sub-recipients have selected to carry out (e.g., different types of relationship-building activities and collaborations with community partners on prevention efforts). As with other interventions, sub-recipients reported recent challenges in carrying out community-based process activities, including the ability to interact in the community.

Smart Moves Smart Choices is the SPF Rx intervention for which there has been the least consistency in implementation activity. Initially, it took all sub-recipients time to plan and coordinate with schools. Collectively, Calhoun, Covington, and Walker have conducted Smart Moves Smart Choices in a variety of formats (e.g., classrooms, school assemblies, working with children living in the Housing Authority). The pandemic disrupted most sub-recipients' ability to fully complete their planned activities for the intervention during the past several months.

Due to the current pandemic, sub-recipients have experienced recent challenges with fully carrying out their intervention efforts this past spring. Closures, social distancing measures, and cancellation of community events, including the April National Take Back Day, posed challenges to sub-recipients in reaching and interacting with community members and target populations. Suggestions for take back and media campaign activities that can occur as COVID-19 affects planned intervention activities and other creative ways to reach the community during the pandemic were expressed as areas where technical assistance would be helpful.